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Step-by-Step Curriculum: Olympic Tai Chi, Taijijian, and Shotokan Jion Kata

Olympic Tai Chi & Taijijian (Tai Chi Sword)

- *Olympic Tai Chi* refers to standardized forms like the 42-form Tai Chi, often used in international competition. *Taijijian* is the sword form of Tai Chi.
- A typical curriculum for both includes:
  - Learning fundamental stances and movements (e.g., bow stance, empty stance, single whip, brush knee).
  - Practicing the sequence of the form step by step, focusing on posture, balance, and flow.
  - For Taijijian, learning basic sword grips, cuts, and thrusts, then integrating them into the full routine.
- Each movement is learned individually, then linked together into the complete form, emphasizing smooth transitions and breath control.

Shotokan Jion Kata: Step-by-Step

- Jion is an advanced Shotokan Karate kata, often required for brown or black belt testing.
- The curriculum typically breaks down as follows:
  - **Stance and Basics**: Master zenkutsu dachi (front stance), kokutsu dachi (back stance), and basic blocks/punches[1] [2].
  - **First Move**: Start with a strong, explosive block and counter, keeping body weight forward and arms close to the body[3].
  - **Sequence**: Learn the kata in sections, focusing on correct stance, technique, and direction for each move. Practice each segment repeatedly before linking them together[2] [4].
  - **Kiai Points**: Identify and practice the moments in the kata where a strong kiai (spirit shout) is performed[5].
  - **Refinement**: Work on transitions, timing, and rhythm. Pay attention to the embusen (performance line) and traditional execution[6] [4].

Recommended Learning Path

- Watch step-by-step tutorial videos for visual guidance[6] [1] [2] [5] [4].
- Practice each move slowly, then gradually increase speed and fluidity.
- Focus on posture, breathing, and mental focus throughout each form.

> For detailed video tutorials and breakdowns, refer to resources like Global Karate Academy and Shotokan Karate Online, which provide full demonstrations and segmented instructions for Jion kata [6] [2] [4].

If you want a move-by-move breakdown for any specific form (Tai Chi, Taijijian, or Jion), let me know which one and I can list each step in detail.

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1. https://blackbeltwiki.com/jion
2. https://www.shotokankarateonline.com/blog/jion-kata-tutorial/
3. https://www.shotokankarateonline.com/blog/jion-kata-1st-move-indivual-moves-tutorials-shotokan-kata/
4. https://www.youtube.com/watch?v=6DetHUWh0r4
5. https://www.youtube.com/watch?v=sfTECym_yqo
6. https://www.youtube.com/watch?v=iRMx-QVqvNA